PN1 Fritz, originally from Clarkesville, GA, enlisted in the Navy in May of 1987. After boot camp in Orlando, FL and PN "A" school in Meridian, MS, he transferred to his first permanent duty station, PSD New Orleans, LA. After a few Mardi Gras and making PN3, PN1 Fritz did a SWAP to PSD Atlanta, GA, in October 1989. As a junior PN3, he was sent TAD to Camp Le June, where he was instrumental in successfully mobilizing hundreds of reservists in support of Operations Desert Shield and Storm.

January of 1993 brought PN1 to yet another PSD located in Philadelphia, PA. He part-timed it with Base Security as a member of the Auxiliary Security Force working 6-10 shifts a month, while still working his job in the Education Service Office , the MILPERS office, and many collateral duties. .After a little over two years, the PSD disestablished due to base closure. On June 5, 1995, the day of transfer to Naval & Marine Corps Reserve Center, Little Rock, AR, Petty Officer Fritz made PN1. This was PN1 Fritz's first taste of the reserve world. As the Reserve Services Clerk PN1 Fritz revamped many outdated practices.

He also incorporated the CIPM as the Command Career Counselor. In an attempt to get some form of sea duty, PN1 first terminated shore duty, only to land a rewarding career in Recruiting. He immediately won the confidence of all the recruiters he supported. He was sailor of the quarter and trained two Junior members who received Jr. Sailor of the quarter back to back. Again he terminated shore duty to get some sea duty, which he landed a job in Chinhae, Korea. However, after 3 weeks of orders in hand, his family didn't qualify for overseas screening, so once again his choices were limited. He took orders to PSD Meridian, MS. PN1 Fritz excelled at his job and all his collateral duties, which earned him his first Navy & Marine Corps Achievement Medal. On November 7, 2000, PN1 Fritz was selected as the Petty Officer in Charge of CSD Meridian, MS. PN1 Fritz, for the last time, terminated Shore Duty, in hopes of getting a PNC 9588 Billet at VFA-203. After 4 weeks of waiting, He received Manning Control Authority orders to VFA-203 as the Command Career Counselor. PN1 Fritz earned his second Navy & Marine Corps Achievement Medal in August 2001, for his leadership of CSD Meridian. Petty Officer Fritz is married to Kara J. Fritz, they have 3 children, Jesse-9, Justin-8, and Joseph 2.